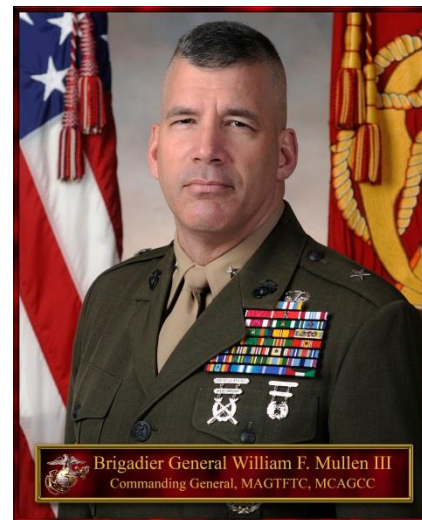


SUICIDE PREVENTION

Our Corps has led the way by consistently proving itself as the nation's most elite fighting force, while upholding a reputation for taking care of its own. Our proven legacy can be continued with each valued member of our Marine Team being physically and mentally capable of taking the fight to the enemy. I intend to do my part to uphold that tradition and ask that every Marine, Sailor, and civilian do the same. Each person aboard this installation has a valuable role, and plays an integral part in our organization. Suicide prevention starts with you!



As leaders, we must be educated, alert, and compassionate when nurturing the mental well-being of our peers and subordinates aboard the Combat Center. In order for the members of our team to be effective war-fighters, each member must first possess mental clarity, a strong sense of self, and the courage to ask for help, when needed.

I task leaders at all levels to know everyone around them and engage in frequent open discussions and training to increase suicide awareness. Participate in suicide prevention programs such as Never Leave a Marine Behind and Force Preservation Councils. Create an environment where Marines of all ranks are encouraged to ask for assistance in times of distress and encourage an organizational climate that reflects suicide prevention as a priority concern within the command.

Each individual will set the example for those around; they will communicate the message that it is okay to seek help without fear of embarrassment. Our key to success is to build a lifestyle that promotes optimal mental and physical readiness in order to build resiliency. Resources are available for training and treatment through our Chaplains, Marine Corps Community Services, and Mental Health Providers.

If you or someone you know is contemplating suicide, seek assistance through your chain of command. Immediate and 24-hour support is provided by contacting the National Suicide Prevention Lifeline at 1-800-273-TALK, Command Duty Chaplain at (760) 861-4739, Naval Hospital Twentynine Palms at (760) 830-2354, the DSTRESS hotline at 1-877-476-7734, or the website at: <http://www.dstressline.com>.

We must continue to fight to defeat suicide within our Corps. Leaders at all levels must know the signs of suicide and not hesitate to render immediate assistance. Continue the legacy of "taking care of our own" and protecting the Corps' most valuable asset: its "people".



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